

**Benefits:** Fun!

Strengths lower back & abdominals; loosens lower back & spine.

**Time to Do:** 1 minute or as long as you'd like!

**Body Parts Used by This Posture:** Lower back, abdominals, spine

**Warms You Up for:** Any posture requiring flexibility in the lower back & strength in abdominals. But mostly used to close routines.

**Good After:** Leg Fold, Pelvic Push, Shoulder Stand, Plow, Bow, Back Push Up, Leg Over, Relaxation, or after long periods of lying down.

**Builds you up for:** Leg Fold, Spider, Shoulder Stand, Plow, Bow, Back Push Up, Ankle to Forehead, Pelvic Push, Back Bend; any posture requiring flexibility in the lower back & strength in the abdominals.

**Combines Well with:** Leg Fold, Shoulder Stand & Plow; Back Push Ups, Relaxation

**Energy Centers Used:** Root, Belly (Navel), Solar Plexus centers

**Do Not Do This Pose If** You have arthritis or osteoporosis in your spine. For some people it helps their condition, for others, it makes it worse. Ask your Doctor first.



Here's a posture you can do just for the fun of it! Kids love it too. Have them pretend they're a bug, one who's stuck on it's back, and they have to roll themselves back onto their feet! For you, it's a good way to get back on your feet after you've been lying down for a while, so it's a great way to close your routine. It also perks you up and gets you back in action after you've been lying, soooo deeply relaxed after your yoga session. Oh, yes, it's also good for developing abdominal strength without straining you too much. Many of my older students like it because it helps massage and loosen up their spines. At any rate, it's easy - and you can do it in small spaces. So, go for it!

### Yoga Snacks

- During a commercial break on TV – roll around on the floor with the kids and the dog! They'll love it.
- While you're bathing the kids and they're playing with the bubbles – rock & roll on the bath mat for a minute.
- Next time you have an itchy back – claim a square of carpet and go for it!

### Start

Lying on your back  
Your neck & spine & legs lined up with each other.

Pull your knees up toward your chest  
Hug your knees closer to your chest  
by wrapping your hands around the outside of your knees.



### Rock up and down along your spine



**Key** This is done by working the abdominals not by pumping the legs.

**Tip** Have your legs stay the same distance from your chest for the whole exercise. Think of the backward motion as trying to tip your feet over the top of your head.

**Repeat** as long as you'd like (30 secs – 3 mins.)

### Alternative Hand Position

If you're round bodied, it can be difficult to hold on to the outside of your knees. In that case, hold on to the inside of your thighs, behind your knees. The benefits are almost as good and it makes the pose possible!

Still keep in mind that you don't want to pump your legs – so think of it as keeping your feet tucked up near your hips.

